

# Kewaunee County Public Health Newsletter

September/October 2016

Volume 1 Issue 5



## The Many Benefits of Sleep

Back to school means back to a normal sleeping routine for children and adults. Adults should aim for 7 to 8 hours of sleep nightly for maximum health benefits and school aged children need somewhere between 9 and 12 hours of sleep depending on their age. Getting the right amount of sleep...

1. keeps you from getting sick
2. helps maintain weight
3. helps prevent chronic disease like heart disease
4. reduces stress and improves mood
5. allows for a better performance at school and work
6. helps you get along with people better
7. helps you make better decisions and avoid injury

## Breast Cancer Awareness

This October, the Kewaunee County Health Department is proud to support National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

Breast cancer is a group of cancer cells that starts in the cells of the breast. Although most people who develop breast cancer will not be able to pinpoint one specific cause, scientists have learned much about risk factors that may indicate a stronger likelihood for cancer. Some cancer risk factors – like smoking – are controllable. Some other cancer risk factors – like genetics – are not.

Early warning signs of breast cancer may involve the discovery of a new lump or a change in the breast tissue or skin. Women should perform a self breast-exam each month and any changes or abnormalities should be discussed with a doctor.

The good news is that many women can survive breast cancer if it's found and treated early. If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

For more information, visit [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

Kewaunee County Health Dept.  
810 Lincoln St.  
Kewaunee, WI 54216  
920-388-7160

Find us on 

## Get More Fruits and Veggies in your Diet!

- Add strawberries, blueberries, or banana slices to cereal.
- Have a ½ cup of fruit for a snack.
- Add vegetables to a crock pot meal, or a casserole.
- Snack on vegetables and dip.
- Load soup with vegetables.
- Have a side salad with a meal that already contains vegetables.
- Put vegetables on a sandwich or sub.
- Add dried fruit to cereal for a quick trail mix.
- Have your child pick out their favorite fruit or vegetable at the store.



## Healthy Choices Market Fresh-Local-Delicious



810 Lincoln Street  
Kewaunee, WI 54216  
(920)388-7160

**Thursday, Sept 1st 9:00am-1:00pm**

**Thursday, Oct 6th 9:00am-1:00pm**

# Kewaunee County Public Health Newsletter (cont.)

## What you Need to Know about Head Lice

Pediculosis is an infestation of head lice on the hair of the head. The lice are able to lay eggs and feed on human blood which can cause severe itching.

Head lice is spread through head-to-head contact or from indirect objects that touch the head like brushes, hats, and pillows. Head lice cannot jump.

To prevent the spread of lice, it is important to avoid direct head-to-head touching or sharing of belongings with anyone that has a known infestation of head lice. Lice cannot spread between humans and animals.

There are over the counter and prescription treatments available for head lice. Call the Kewaunee County Public Health Department at 920-388-7160 for more information.

## Ways to Support Healthy Growth in Children

One in three children in the United States is overweight or obese, putting them at greater health risks later on in life. To ensure that a child stays at a healthy weight, it is important to have energy balance. This means having balance between calories consumed physical activity, adequate sleep, and screen time.

Parents can help their children by offering them water, opposed to high calorie sugary beverages and reducing 100% fruit juice to 6 oz or less daily. In addition, offering fruits and vegetables with meals and snacks will provide low calorie, high nutrient fillers that support healthy growth. Having a regular meal and snack time routine will also help limit grazing behavior, which promotes unhealthy eating habits.

Children should participate in age-appropriate muscle and bone strengthening activities. A child should have 60 minutes of heart pumping activity daily. Having your children get plenty of physical activity balanced with adequate sleep will round out healthy growth and development. In turn, these efforts will increase healthy behaviors and thereby decrease childhood obesity.

### Creamy Carrot Soup

3 T.	Extra Virgin Olive Oil
2 lbs.	Carrots, peeled and sliced
1	Large Onion, diced
2 T.	Garlic, minced
1 t.	Thyme
1 t.	Rosemary
32 oz	Chicken Broth
2	Strips Bacon, precooked
1t.	Salt
Pepper- to taste	



Place oil in large pot over medium heat. Add carrots, onions, garlic, thyme and rosemary. Cook for 15 minutes until carrots are tender. Transfer to a blender or food processor. Puree to a paste, adding a little chicken broth at a time. Once everything is pureed, transfer to a large saucepan over medium heat and add bacon strips. Season with pepper. Simmer until ready to serve.



## Eye Health and Screenings

Going to the eye doctor is just as important as going to the doctor or the dentist. All children and adults should have regular eye exams to improve and preserve eyesight and to ensure detection of diseases early. Vision screenings with certified screeners can also help identify clients with eyesight issues and help you find an eye doctor.

### Here are 5 ways you can protect your vision:

1. Get regular eye exams.
2. Eat a healthy diet with plenty of leafy greens like spinach and kale, and maintain a healthy weight.
3. Know your family's eye health history. Some eye issues are often hereditary.
4. Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
5. Quit smoking or don't start.

Contact the Kewaunee County Public Health Department for more information at (920)388-7160.